



RECIPES

FOR THE MILLION

OF

Herbs and Medicine, TOILET, COOKERY, & HOUSEHOLD HINTS.

THESE RECIPES having stood the test a number of years, are absolutely trustworthy and recommend themselves; the barbarous system of bleeding, blistering, &c., is entirely done away with.

The design of the Author has been to make
A USEFUL BOOK,
and not to repeat the remedies (as is the case in many books) in order to make it appear larger than it really is.

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MEDICAL.

A

Appetite (Bad).

(1) Quinine and Iron and Fresh Air.

(2) Handful of Centaury, half ounce Camomile Flowers, one ounce Gentian Root, to two quarts Water, boil to three pints. Dose, Teacupful night and morning.

(3) Half ounce Peruvian bark to half pint boiling Water, when cold mix with half pint Port Wine. Dose. Wineglass full in the forenoon.

Ague.

When fits are on, take a new laid Egg in a glass of Brandy and go to bed.

Asthma.

Live chiefly on Boiled Carrots or Leeks. Take pint New Milk night and morning.

Boil in two quarts of water for half hour one packet Hyssop. Liquorice Root, Horehound and Vervain, strain and when cold add two ounces Vinegar, half ounce Tincture of Lobelia, and half pound Honey. Take wineglassful freely.

Aperient Mixture.

Pour pint of boiling Water on half ounce Senna and two ounces Epsom Salts, strain through muslin, add two teaspoonfuls Spirits of Hartshorn or Sal-volatile, or take stewed Prunes freely.

Abscess.

Make poultice of Flour and Treacle or boil a little Soap and New Milk, make it into a paste.

Apples.

Used freely are a good brain restorer for all ages.

Acid Stomach.

Put two ounces Fresh Burnt Lime in quart Cold Water, let it stand, then take off scum. Dose, two tablepoonsful night and morning.

B

Bronchitis.

Greatly relieved by drinking very hot water sweetened with Brown Sugar Candy. Wear piece of Wash-leather or Brown Paper on chest, or rub chest with Mustard and Whisky, or mix one drachm each of Chlorodyne and Steel : dose, ten drops in wineglass of Water twice daily.

Boils.

(1) Apply carbolised glycerine on lint.

(2) Four or five grains of Sulphur in a little Milk three times daily, or Flour and Treacle Poultice.

Bilious Colic.

Drink Warm Lemonade.

Blood Poisoning.

Apply Sulphate of Zinc Ointment.

Burns.

Apply Treacle and Flour Poultice or Scraped Raw Potato or Wet Oatmeal.

Blood Purifier.

Slice a Lemon, two tablepoonsfuls Black Currant Preserve, ten Red Sage Leaves to a quart Boiling Water, sweeten to taste, or try Burnet, also Watercress and Lemon ; eat Wheat Bread.

Blood Renewer.

Boil Watercress ten minutes and drink the Water in Milk ; or teaspoonful Sugar, one ounce each Juice of Lemon, and Brook Lime mix together.

Blood Spitting.

Drink Sage Tea sweetened with Honey.

Blotches or Pimples.

Make Cream of Tartar in a drink, add fifteen drops Sweet Nitre to every teacupful.

Bruises.

To prevent turning black apply a Treacle and Brown Paper Plaster.

Bunions.

Paint twice daily with Tincture of Iodine.

Bad Legs.

Wash in Lime Water and Milk daily, also drink it freely.

Bad Breath.

Half teaspoonful Powdered Charcoal in Wineglass of water three times daily, or take Mint Tea freely.

Strawberries take away all disagreeable odour and also remove tartar from the teeth.

Bowels (Painful).

Drink hot Port Wine or steep a linen cloth in Castor Oil and a pinch of Mustard and apply to Bowels.

Take Castor Oil.

Backache.

The plant, Golden Rod, make as Tea.

Biliousness.

Drink hot Water with Lemon or teaspoonful Black Currant Preserve before meals.

Baldness.

Rub twice daily with decoction of Boxwood or damp freely with Sage or equal parts Rosemary, Boxwood and Marshmallows to quart Boiling Water, or lotion made of half-an-ounce Vinegar of Cantharides, one ounce Eau de Cologne, one ounce Rose Water. Vaseline also good.

Boxing Ears.

Often causes inflammation and deafness.

Bleeding.

To stop, apply Powdered Rice.

Bad Memory.

Drink Sage Tea, sweeten to taste.

Blackheads.

Very unsightly, but can be cured with one ounce of Glycerine, two drachms Borax and five ounces of Rose Water, or rub a little Sweet Oil on for a few days.

Bath (The).

By adding a little Borax, Milk, or a little Oatmeal the water is softened considerably.

C

Corns.

- (1) Rub occasionally with Turpentine.
- (2) First pare it and bind slice Lemon over it.
- (3) Crush good sized Pearl Button, put in bottle, with Juice of a Lemon; let stand twenty-four hours, and apply daily.

Cholera.

- (1) To prevent attack, take teaspoonful of Cinnamon in Hot Water.
- (2) Drink freely of Hot Water in which a Toasted Oatcake has been placed.
- (3) Boil chicken in three quarts water, drink the Broth freely.

Cramp.

- (1) Place Roll Brimstone under pillow.
- (2) Hold a little Brimstone in your hand.

Cancer.

- (1) Red Clover Tops made as Tea. Drink freely.
- (2) Chicken, handful each of Borage, Veronica, Agrimony leaves, Ceterach, one ounce Chicory and Bugloss; boil together, strain, dissolve one drachm of Tartar with liquor.
- (3) Finely grated Carrot Poultice.

Consumption.

- (1) Three Pints Water, one and a half ounces Tamarinds, boil to one quart and strain, bruise two drachms of Liquorice, add two ounces Coriander Seeds and Senna, one drachm Red Rose Leaves, allow strained liquor to get cold before mixing Liquorice. Cupful one hour before breakfast.
- (2) To every Pint Boiling Water one ounce Mullen Leaves, strain when cold and add Teaspoonful Rum. Wineglass three times daily.
- (3) Use New Buttermilk freely.
- (4) Free use Lemons, Ground Ivy, the Lesser Centaury and Camomile Flowers in equal quantities made in manner of tea in quart Boiling Water.

Cold in Head.

- (1) Snuff Camphor and Water up the nose.
- (2) Half a drachm Carbonate of Ammonia, one ounce Syrup of Tolu, quarter of an ounce Spirit of Nitre, half a drachm Laudanum, six ounces Water. Dose—Tablespoonful three times daily.
- (3) Drink freely of Yarrow Tea, the Pink Flowers are best; Sweeten with Treacle.

Cough (Tickling).

- (1) One ounce Honey, teaspoonful Paregoric; mix with Juice of Lemon.
- (2) Eat Liquorice, rub Castor Oil on Back and Chest.
- (3) Chew Peruvian Bark, and drink Hot Water sweetened with Brown Candy.

Constipation.

- (1) Eat stewed Prunes freely.
- (2) Teaspoonful of Sulphur in half-cup of Buttermilk, twice weekly.

Chapped Hands.

Wash in Mixture of Bran and Milk or Potato Water.

- (2) Wash in Water first, then Rose Water, quarter pound Hog's Lard, mix with Yolks of two New-laid Eggs, and tablespoonful of Honey, add Fine Oatmeal till made into a paste.

Castor Oil.

Is tasteless taken in Meal and Water.

Chilblains.

- (1) Bathe in Hot Water and rub with Paraffin and Mustard.
- (2) If not broken, rub with Flower of Mustard and Brandy.
- (3) If broken, wash with Tincture of Myrrh and a little Water.

Cuts.

To heal, apply a bruised Geranium Leaf.

Cataract.

Handful each of Eyebright, Leaves of Rue, Fennel, the Great Celandine, one ounce Foenugreek Seeds, one pugil each of Camomile and Melilot Flowers. Boil in three-parts Spring Water, one-part White Wine added towards end of the decoction. Strain liquor and bathe Eyes.

Convulsions.

Put child in Hot Bath up to neck and give Castor Oil when able to swallow.

Change of Life.

Take a little Electuary of Senna occasionally.

Cats.

Put any Medicine required on its feet; it will lick it off.

Croup.

- (1) Teaspoonful Ipecacuanha Wine every five minutes till sick.
- (2) Teaspoonful Goosegrease three times daily.
- (3) Mix Juice of Lemon and teaspoonful of Goosegrease three or four times daily.

Childbirth.

Raspberry Leaf Tea is invaluable previous to Child-birth.

Children.

Before giving Medicine, let them suck a Peppermint or bit of Orange Peel; it will not then be tasted.

Cross Child.

(1) One teaspoonful each of Dill Water and Lime Water in Milk.

(2) Half ounce each Ground Ginger and Magnesia and quarter ounce Turkey Rhubarb; mix in Cold Water. Dose, one teaspoonful.

Cough.

Two Tablespoonfuls Vinegar to a teacupful of Treacle, simmer over fire. After taking off add three teaspoonfuls of Paregoric and sufficient Refined Nitre to cover point of small knife. Dose, two teaspoonfuls twice daily.

Colic (Infants').

Pour Pint of Boiling Water on contents of Packet of Spearmint. When cold, strain and sweeten to taste, and add teaspoonful Essence of Aniseed. Take a teaspoonful frequently.

D

Dandriff in Hair.

Rub with Paraffin and wash occasionally, adding a little Borax to water.

Dizziness.

Drink Sage Tea, sweeten to taste.

Drink for Children.

Barley Water and Milk; very strengthening.

Diphtheria.

- (1) Drink best Olive Oil freely.
- (2) Sulphur blown through a tube into throat; also taken in Milk.

Deafness.

(1) Equal parts of Oil of Cloves, Juice from Foxglove Flower and Rum.

(2) Half ounce each of Cloves and Cinnamon, and one pugil each of Rosemary, Camomile, Stachis and Melilot; handful each of Mallows and Marshmallows, Pennyroyal, Wormwood, Wild Marjoram, Centaury the Less, Sage Mints, Leaves of Oregan, Foment the Ears.

Dropsy.

(1) Small quantities Foxglove and Broom made as Tea. Wineglass three times daily.

(2) Make decoction of Inside Bark of the Elm. Drink freely.

Diarrhœa.

- (1) Teaspoonful of Tincture of Kino in wineglass of Hot Water.
- (2) Flour and Water.
- (3) Raspberry Leaf Tea.

Drink (To Remove Craving for).

- (1) Use Cloves freely.
- (2) Gold Thread Root, sold by Chemists, 6d.

Diabetes.

One ounce each Peruvian Bark, Colomba Root, Sumach Berries, Queen of Meadows Plant; boil in three pints water to one quart. Dose—Wineglass four times daily.

Dyspepsia.

Drink Hot Water at Meal Times; don't eat pork, etc.; take plenty of exercise. Use Oysters freely.

Disinfectant.

Fresh Ground Coffee or Tar.

Despondency.

Equal parts Agrimony and Rosemary as Tea.

Dogs.

To keep healthy, keep piece of Brimstone in the Water.

Dog Nuisance.

To drive away, sprinkle Sulphur round the parts visited.

Dog Bites.

Apply Wet Salt and Soda at once.

Drinking.

Before or during meals in quantities is a very bad practice, as it stretches the stomach, which is therefore less fitted to do its work.

E

Eyes (Black).

Bathe with Hyssop.

Eyes (Dim Sight).

- (1) Bathe in Cold Water every day.
- (2) Bathe in Aired Milk every day.
- (3) Apply Rotten Apples.
- (4) Boil Poppy-heads in Milk or Water, and Bathe Eyes.

Eyes (Inflamed).

- (1) Bathe with Cold Tea and use Tea Leaf Poultice.
- (2) Try No. 4 for Dim Sight.

Eyes (Watery).

Dissolve ten grains Sulphate of Zinc in five ounces Water. Bathe night and morning.

Eczema.

Rub with Vaseline, take Sulphur, plenty of Fruit and Vegetables.

Earache.

(1) Rub with Dry Flannel and apply Cotton Wool wet with Camphor or Sweet Oil and Paregoric, hot.

(2) Bathe with strong decoction of Camomile Flowers and Poppy-heads.

Erysipelas.

Pour pint of Boiling Water on two sprigs Wormwood, quarter ounce Senna, quarter ounce Camomile Flowers, and drink freely. Very infectious disease. Applying Wet Starch gives relief.

Epilepsy.

One ounce each of Mistletoe, Valerian Root, Pellitory and Black Horehound; boil in three pints water, clear when cold, and add one ounce Tincture of Skullcap. Wineglassful four times daily.

Enema.

Get one packet each of Marshmallows, Raspberry Leaves, Bayberry Bark; pour a pint of Boiling Water on them, strain off, and inject whilst it is lukewarm. This quantity for adults.

Eyes (Dirt in).

Place forefinger upon cheek bone of patient, who must be facing you, then draw up the finger. This in most cases removes it.

Eyebrows.

Are very much neglected; they should be brushed in the line of their growth at least once a day. When thin, apply a little Vaseline or Almond Oil.

F**Fainting.**

Subjects should use plenty of Salt Water inwardly and outwardly, and place feet in Hot Water.

Fits (Convulsions).

Boil in three gills water down to one pint one ounce each of Pellitory of the Wall and Mistletoe, sweeten, and add eight drops each of the anti-spasmodic Tincture and Tincture of Life. Wine-glass three times daily.

Fevers (Scarlet).

(1) In worst stages place few Tamarinds in Boiling water, and drink moderately cold. Burn Rosemary in the room.

(2) Make a decoction of a little Lettuce and Sorrel, some Barley and Liquorice. Drink moderately cold.

Flannel.

Should always be worn next to the skin.

Fleas.

When washing floors put a little Ammonia in the water and sprinkle Wormwood Seeds thereon.

Flies.

Mix Cream, Pepper and Sugar, and spread on paper upon which a little Venice Turpentine has been spread.

Fits (Hysteric).

Hold Spirits of Hartshorn under the nose.

Fatigue.

Warm Soles of the Feet.

Fistulas.

(1) Take Epsom Salts and Vegetable Food freely, wash some Mussel Shells, burn to a powder very fine, and mix with Lard. Apply twice daily.

(2) Handful each of Leaves of Scabious, Pimpernel, Mouseear, Pervinca and Sanicle, one pugil Barley, two drachms each of Seeds of St. John's Wort, Benedictus and Cardus, one pugil each Three Cordial Flowers; boil in honey and water. Take six ounces night and morning. Inject same.

Fullers' Earth.

Eases Chafings or sores.

Fruit Salts.

Is made from Rochelle Salts three ounces, Tartaric Acid twenty-four ounces, Bicarbonate Soda thirty ounces, Sugar eighty ounces. Dry separately, and well mix.

Feet (Perspiring).

Oatmeal or Bran and Boracic Acid sprinkled in the Socks will prevent any unpleasant odour.

Feet (Blistered).

Warm some Tallow, mix with Spirits, and apply before going to bed.

Female Complaints.

Southernwood used as Tea is very beneficial.

G

Gravel.

(1) Drink freely of Agrimony Tea, sweetened with Sugar Candy or Raw Sugar.

(2) A little Garlic Extract taken in Brandy. Apply Mustard and Linseed Poultice to the Kidneys. Avoid Spirits and Acids.

Gout.

(1) Bind the Ground Ash Plant on afflicted part.

(2) Dissolve in three ounces Best French Brandy two ounces Guaicum. Tablespoonful three times daily.

Gatherings.

Bathe in Hot Potato Water. Apply Linseed, Bread, Oatmeal, or Soap and Sugar Poultice.

Gums.

To strengthen, Rinse Mouth with Warm Water and a little Borax.

Garters.

Are dangerous if too tight.

Goitre.

Bruise fifteen Nettle Seeds into powder, and take daily. This will cure Swelling of the Neck.

Giddiness.

Subjects are recommended to take Coltsfoot Tea.

H

Headache.

- (1) Nutmeg in a little Hot Water, and Bathe Feet.
- (2) Half teaspoonful Pure Sulphate of Soda in glass hot water every morning. Take a good Smell of Whiskey.

Hiccough.

Drink Cold Water freely, and take Pinch of Snuff, or Vinegar on Lump Sugar.

Hip Disease.

If you feel Pains in Knees, consult a doctor. Neglect is dangerous.

Hair Falling Off.

See Baldness.

Hair Dye.

Boil Green Walnuts, and dress with the liquid. Don't touch face.

Hens.

Feed during winter with Crushed Corn and a little Pepper, soaked, warm.

Herbs.

Gather when in Flower; Barks in Spring.

Heart (Beating).

Take eight drops Oil of Carraway on Sugar.

Heart Disease.

Greatly relieved by taking tablespoonful of Whiskey in Milk.

(1) For Swooning or Syncope, take Cinnamon in Whiskey or Wine.

(2) Two drachms each Rose and Orange Flower Water and Bugloss and Spirits of Roses, half-ounce Cinnamon Water, one and a half ounces Syrup of Cloves and Gilly Flowers; mix well. Dose—Two spoonfuls regular intervals.

Heartburn.

Drink Sage Tea.

Hot Water.

Half-cupful Every Morning before breakfast is invaluable for keeping one in good health.

Hop Bitters.

Mix one ounce each of Tincture of Dandelion and Buchu Root, Tincture of Hops, to three pints boiling water. Tablespoonful night and morning.

Hoarseness.

Glycerine and Lemon Juice, or Hot Milk peppered.

Hair.

To keep in Curl, pour Boiling Water over some soap and a teaspoonful of Borax, and stir until dissolved. Bottle and cork up. Damp the hair with this just before Curling.

Hands (Soiled).

To clean, add a little Paraffin to the water you wash in, and use good soap. When dry, rub with Glycerine and Lemon Juice.

I

Indigestion.

(1) Nutmeg or Turkey Rhubarb chewed in forenoon is a good thing.

(2) Two grains Pure Pepsin, three grains Pure Pancreatine after meals. Eat plenty lemons; avoid sweets and greasy food.

(3) One drachm each Powdered Colomba Root, Ground Ginger, half drachm Carbonate of Soda. This will make twelve powders. Take one in milk three times daily.

(4) One pennyworth Colomba Root to pint of Boiling Water. Wineglass three times daily.

Influenza.

Whiskey and Milk or Whiskey and Hot Lemonade. Plenty of Beef Tea. Few Drops Elixir of Vitriol in water twice daily.

Infection.

When with persons suffering from infectious disease, do not swallow your spittle; wash hands in water to which add Vinegar.

Ivy Leaf.

The top part heals and the under side draws any sore.

Inflammation.

Apply cloths wrung out in hot water.

Itch.

Bruise four ounces of Hellebore Root; boil in quart of water to pint and a half. Add Lavender Water, and wash parts affected.

J

Jaundice.

Quarter pound Venice Soap made into pills, with eighteen drops Oil of Aniseed. Dose. Three pills night and morning.

Joints (Stiff).

Well mix three ounces Boiled Water with the Yolk of a New-laid Egg well beaten up.

K

Kidney Complaint.

(1) Equal parts Lime Water and Pearl Barley Water. Teacupful three times daily.

(2) Lemon Water and Salts. Wineglassful in morning.

(3) Comfrey Tea.

Kidneys (Inflamed).

Apply Linseed and Mustard Poultice. Drink a little Barley Water.

Eat Spinach freely.

L**Liver Complaint.**

(1) Boil two ounces Brimstone in a pint of water. Bottle it and take wineglassful twice daily.

(2) Dried Dandelion Root roasted and ground. Use the same as coffee.

Liver (Enlarged).

Avoid very hot drinks. Eat stewed Prunes freely.

Liver (Sluggish).

(1) Equal parts Hop and Dandelion Tea.

(2) Agrimony Tea is very strengthening.

Lungs (Diseased).

(1) Two pennyworth each of Cod Liver Oil and Syrup of Horehound, one drachm of Paregoric and Juice of Lemon; mix. Two tablespoonfuls daily.

(2) Iceland Moss or Seaweed made into jelly with Boiling Water, and sweetened to taste.

Lumbago.

(1) Apply Crushed Linseed on Brown Paper. Take hot half-ounce Sweet Nitre.

(2) Rub with one part Hartshorn and two parts of Oil.

Lime Water.

Taken in milk is food and medicine at any period of life. A bowl of milk may have four tablespoonfuls added with good effect.

Lemons.

In moderation are very good things; taken to excess cause nervous debility by lowering tone of the body.

Lungs (Affected).

Sufferers will find Turnip Syrup made as follows very useful:—Roast twelve Turnips, press the Juice from them, add Sugar to taste, and take teacupful night and morning.

Lips (Sore).

Frequently apply Honey Water, and you will find relief.

III

Mouth (Ulcerated).

Rinse with Scalded Borax; avoid pepper, and all sharp things. Eat Potash Lozenges and plenty of Pears, Melons or Lettuce.

Mortification.

- (1) Dust the parts with Lump Sugar or a little Bluestone.
- (2) Poultice with Flour and Marshmallow Water, with a little Yeast and plenty of Brown Sugar.

Measles.

- (1) Take plenty of Saffron Tea.
- (2) Equal parts of Carduus Water and Meadowsweet Water, with twenty grains of Bezoardicum Mineral. Keep patient warm.

Mustard Plaster.

Will not Blister if mixed with White of an Egg instead of water.

Mumps.

One and a half grains Tartarised Antimony, one drachm of Potass; mix. Take a sixth part every four hours. If swelling disappears suddenly, bathe with hot water. Keep warm, and away from visitors.

Mackerel.

Avoid any part near the head, as it ferments very quickly.

Milk.

Should always be boiled; it prevents disease, and will keep longer.

Mutton Suet.

Very healing for sores, cuts or bruises. Melt it, and apply.

IV

Neuralgia.

- (1) Sprinkle Cayenne on Hot Flannel. Take a packet Salts, with Ginger, in Warm Water at bedtime occasionally.
- (2) Apply Hot Hops in a cloth.
- (3) Apply well powdered Brimstone to soles of Feet.

Nightmare.

Make Tea of the Herb Thyme. Avoid heavy suppers.

Nails.

Keep Toe Nails very clean, or you will find small insects lie under same.

Nervous Debility.

(1) Mix two drachms each of Chloric Ether, Tincture of Gentian, Sal Volatile, Iodide of Potassium to each half-pint of Cold Water (first boiled). Dose—Tablespoonful three times daily. Drink no coffee, and very little tea.

(2) Sage and Thyme as tea is useful.

Nose.

For stoppage, rub bridge with Butter, Castor Oil, Goosegrease or Tallow.

Nose (Bleeding).

In obstinate cases, blow a little Powdered Alum or Gum Arabic through a quill up Nostrils; or place in Nostrils a bit of Lint soaked in Nettle Juice.

Nits in Hair.

Wash Hair with a decoction of Amaranth and Feverfew, or dissolve five grains of Bichloride of Mercury (corrosive sublimate) in half-pint of Distilled Water, and well wet Hair with the solution. This must be used with caution, as it is a deadly poison if taken in the stomach.

Nettle Rash.

Is quickly cured by rubbing parts affected with Parsley.

**Over-heating.**

When Hot, never drink anything cold suddenly; it is a dangerous practice.

Oatmeal.

Is very strengthening.

Oak.

A decoction made from this is useful as a wash for Ulcers, Putrid Sore Throat, Bleeding Piles, and Bloody Flux.

P**Piles.**

(1) Apply Nutgall Ointment at night, and take teaspoonful Electuary of Senna.

(2) Two ounces Lard, one pennyworth Opium, half-ounce Gall : mix, and apply at night.

(3) Two drachms Castor Oil, half-ounce each Flour of Sulphur, best Currants, cut small ; make into a paste, and take piece size of walnut three times daily.

Pleurisy.

(1) Elder Flower made and used as Tea.

(2) Take seven drops Laudanum in cold water on going to bed. Apply Warm Flannels.

Peas.

Are very strengthening, and should be taken freely.

Palpitation.

When troublesome, take eight drops of Oil of Carraway on Lump Sugar.

Pimples.

See Blotches.

Pains in Back.

See Backache.

Pains After Eating.

See Indigestion.

Purging Flax.

Purging Flax.—Is a plant much used as a safe and excellent purge.

Pains in Breast.

Take three tablespoonfuls of following mixture in a little sugar and water :—One ounce Compound Tincture of Benjamin. Laudanum, Tincture of Rhubarb, six drachms Huxum's Tincture of Bark, and one drachm Elixir of Vitriol.



Quinsy.

(1) Rub neck with Spirits of Hartshorn ; gargle with a decoction of Figs ; sharpen with a little Elixir of Vinegar.

(2) Figs boiled in Milk and Hot Water, with a little Salamonica in it. Drink some, also use as a gargle.

Quinine.

One of the most valuable drugs known, but the bark of young oak twigs, well dried, answers as well, made in manner of tea.

R

Rheumatism.

(1) One ounce Peruvian Bark used to a pint of Boiling Water. When cold, take a wineglassful three times daily, with ten drops Oil of Turpentine to each glass.

(2) Rub with Mustard Oil, Chloroform Liniment, or Methylated Spirits. If joints are swollen, paint with Iodine, or wash with Common Soda dissolved in Hot Water. Wear wash-leather over the parts afflicted.

(3) Take one and a half drachms Spirits of Sulphur, one ounce Dried Red Rose Leaves, three pints Warm Water. Strain, and add half-pound fine White Sugar. Drink hot water freely; avoid sweets, beer, and acids.

Rue.

Steeped in Gin is good for elderly people.

Ringworm.

- (1) Apply Citrine Ointment.
- (2) Apply Common Soda dissolved in hot water.
- (3) Lime Water from gas works.
- (4) Dip the Ends of Matches in water, and apply.
- (5) Apply Oil of Tar.

Rose Leaves.

Made into decoction are good used as a bath for Sore Eyes. Adding Eyebright to above is an improvement.

Red Sage.

Made in manner of tea and used as a gargle is invaluable for all Throat Complaints.

S

Skin Diseases.

There is nothing safer than a physic of Sulphur, and applying Sulphur Ointment.

Spasms.

Take hot water, add Ground Ginger, with a pinch of Cayenne or Carbonate of Soda.

Sunburns.

Wash Face with Sage Tea or Buttermilk, Oatmeal and Lemon.

St. Vitus' Dance.

Mistletoe Tea or Quinine Wine are good remedies.

Small Pox.

One teaspoonful Cream of Tartar to half-pint hot water. Drink freely. A doctor is necessary.

Skin Roughness.

Bathe in warm milk, and rub in cold Cream Ointment, or warm mutton suet; or mix one-third Scraped White Wax with two-thirds Olive Oil, and apply to skin.

Scalds.

Place part in Lime Water, or wash with cold water and apply Starch.

Stitch in Side.

Apply Treacle mixed with a Hot Potato, or put Bran in Cloth and apply as hot as possible.

Spitting.

If continual, eat a few Raisins, or chew Brown Bread Crust.

Scurvy.

Use Lemon and Cream of Tartar made into a drink freely, or a handful each of Trefoil, Ground Ivy, Elderberry Buds, three ounces Sarsaparilla. Boil in three gallons water to less than half. Dose—Wineglassful before all meals.

Sick People.

Never ask what they would like to eat. Make them something suitable and unexpected. Half-ounce of Isinglass boiled in half-pint Milk and sweetened is very nourishing.

Sciatica.

Dissolve two pennyworth of Camphor in a pint of boiling water. When cold, take wineglassful three times daily, or a cupful of Watercress Juice and Lime Juice before going to bed, and apply two ounces Pitch, half-ounce Turpentine, three drachms Brimstone, and as much Wax as is needed.

Sprains.

Make a poultice of Bran and Vinegar, or bathe with hot water, and rub well Embrocation or Hartshorn and Oil.

Sarsaparilla.

Cannot be too highly recommended as a Spring Medicine, especially for Children.

Stomach Complaints.

Camomile Tea, Lemon Tea, or Salt and Water are very good. If painful, boil handful each of Centaury and Agrimony. Boil down to five ounces. Strain, and add one tablespoonful Sugar. To be taken in the morning.

Stout Persons.

Should take a wineglassful of best Hollands Gin three times a week, or from twenty to thirty crushed Nettle Seeds night and morning.

Those with short necks should avoid too much animal food and intoxicants.

Sleeplessness.

Take a teaspoonful of Magnesia in a wineglassful of water, or eat a few Grapes, and drink hot water before going to bed in either case.

Sick Room.

To keep air pure, hang up a cloth which has been soaked in Lime Water.

Spiders.

Will not come where articles have been washed with Borax.

Starch Gloss.

One ounce each of Spermaceti, Gum Arabic, Borax, two and half ounces Glycerine, fourteen and a half ounces Water; add three teaspoonfuls to each four ounces Starch.

Stomach (Ulcerated).

See Ulcerated Stomach.

Scald Head.

Cut the hair very short, remove scabs, and apply following:— Mix thirty drops of Saturated Solution of Nitrated Copper, with one ounce Citrine Ointment.

Strengthening Plasters.

One pennyworth each of Oxyceocia Paracelsus, Red Dominion and Burgundy Pitch. Melt over a fire until well mixed.

Scrofula.

Mix four grains of Rhubarb with one scruple of Burnt Sponge. Take it in cup of Whey night and morning.

Sea Water.

Can be made by dissolving four pounds Bay Salt to every sixteen gallons Fresh Water.

T

Toothache.

Place a piece of Nutgall inside the tooth (if hollow.) Horse Radish Scraped and placed in or around the tooth often cures. Take Epsom Salts and Ground Ginger in hot water at bedtime, and wrap face and neck in hot flannel.

Teeth.

To keep white, rub with Charcoal and Honey mixed, or Powdered Pumice Stone, or Burnt Bread rolled to dust, or Common Salt to which add a little soot.

Throat (Sore).

Roast a Potato, crack it and place in a flannel. Apply to the neck, and dissolve a *little* Alum in Sage Tea sweetened with Honey, and keep eating Potash Lozenges.

Thirst.

For extreme Thirst. drink Cold Water with a spoonful of Vinegar in it; or scald Lemons and Ginger. Either are very refreshing, but must be drunk slowly if the person is very hot.

Tapeworms.

An excellent remedy for people of all ages is to take Nettle Tea fasting every morning. Raw Carrots first thing are very useful, or take some Opening Medicine, fast for a day, then take a thimbleful of the Oil of Male Fern in a tablespoonful of water before breakfast.

Typhus Fever.

Mix together three drachms of Liquid Acetate of Ammonia, two drachms Syrup of Ginger, one ounce Cinnamon Water, and thirty drops Laudanum. To be given early in the evening.

Teeth (Hollow).

To fill. Mix and make into a paste with the thickening quick-drying Copal Varnish, equal parts of Levigated Porcelain, Plaster of Paris and Iron Filings.

Thrush.

Burn a little Scarlet Cloth to ashes and blow them into the mouth, or rub in Borax and Sugar.

Teething.

Rub the Gums several times with Syrup of Poppies.

U

Ulcers.

Use freely tea made of the plant Tormentil or Agrimony, sweetened with honey.

Ulcerated Throat.

Gargle with one drachm each of Tincture of Steel and Chlorate of Potash to ten ounces water; also suck Potash Lozenges.

Urine.

For obstruction, drink freely of warm Lemonade and Dandelion Tea mixed, equal quantities.

For involuntary coming away, burn a white mouse to powder,

Ulcerated Stomach.

Take equal parts Black Treacle and Yeast.
and give to patient in milk.

Unicorn Root.

Is good for Weakness, Night Emissions, Female Disorders, Falling of the Womb, Preventing Miscarriage. Ask chemist what dose to take.

V

Vomiting.

Any of following remedies are good:—A few Drops of Vinegar on Sugar; or Milk and Soda Water; or Brandy and Soda.

Vinegar.

Very useful in moderation, but taken to excess lowers the tone of the body and causes nervous debility.

Vermin (To Kill.)

Wash with a decoction of Amaranth and Feverfew, and add teaspoonful Ground Alum to each pint.

W

Water.

Should always be boiled before taken, but not too long. Hot water is one of the best and cheapest restoratives known.

Watercress.

Is invaluable to those in failing health, but should always be well washed in Salt and Water before use, as it is infested with small insects which salt kills.

Worms.

To be taken fasting in a morning for three days:—Half-ounce Castor Oil, eight drops Oil of Turpentine in a little cold water, or twenty drops Oil of Turpentine in wineglass of water. Should be given to children in a little Milk, to which add three drops Essence of Peppermint.

Wind in Stomach.

Ginger in hot water is an excellent remedy.

Water (overboiled).

Makes poor tea, and is injurious to health.

Wormwood.

Is useful to put amongst Clothing and Furs. A deadly enemy to moths.

Window Plants.

To keep free from Worms, sprinkle with Cold Tea. Coffee given occasionally is a good stimulant for plants, or a few drops of Ammonia in water.

Weaning.

Tapioca is the best food to give a Child on Weaning.

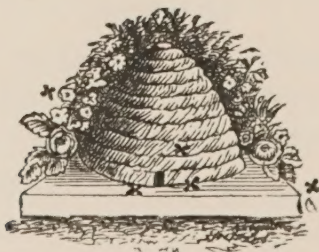


Yarrow.

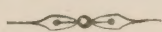
In the manner of Tea is very useful, and I strongly recommend every householder to gather it in the Summer, dry it, and keep oy you for Winter.

Yellow Dock.

Used in manner of Tea acts on the Bowels same as rhubarb, and is good for most Skin Diseases.



Hints for the Household.



Crickets and Beetles (to Kill).

- (1) Scrape Carrots and mix with Red Lead.
- (2) Sprinkle Keating's Insect Powder on the floor.

Bugs (to Kill).

Wash floors with strong Soda Water, or Salt and Blue Soap. Soak a rag with Turpentine and leave in the rooms. They detest the smell of Carbolic Soap.

Flies (to Kill).

Scald some Quassia Chips and put on a plate.

Rats and Mice.

Sprinkle plenty of Cayenne or Camphor in the holes, and they will soon disappear.

White Wine Vinegar.

To make, add one ounce of Acetic Acid to quart of water.

Knife Handles (to Fix).

Mix together four parts of Resin, one of Beeswax and one Plaster of Paris or Brickdust. Fill the handle, heat the spike of knife, and insert.

Baking Powder (to make).

Mix together eight ounces Tartaric Acid, nine ounces Carbonate of Soda and ten ounces Rice Flour.

Men's Clothes (to clean).

Rub vigorously with a sponge or woollen cloth: Two parts Spirits of Wine and one part Ammonia.

Carpets and Woollen Goods.

Use above Mixture.

Ironmoulds.

To remove, rub spots with a little Powdered Oxalic Acid or Salts of Lemon and warm water.

Carpets and Linoleum.

Putting Thick Paper underneath them makes them last much longer.

Cleaning Paint.

Never use hot water; it destroys the varnish and wears the paint off. Instead, use just warm water and Powdered Whiting; this removes the dirt and grease.

Stains on Knives.

Dip a piece of Raw Potato in Ashes, Bathbrick or Brick Dust, rub them; then scour.

Knife Handles.

To Remove Stains, rub with ordinary Salt.

Washing Windows.

Add a little Paraffin or Ammonia to the water, polish with paper, tissue preferred.

Marble (to Clean).

Mix two parts Common Soda with one part Chalk and one part Powdered Pumice Stone. Make into paste, lay it on the marble after first rubbing it for an hour; then wash off.

Pantry.

If Damp, keep a Box of Lime in it.

New Flannel.

To Shrink, let it lie in cold water three hours, wring out and put in very hot, add Soap until it takes lather, rinse in very hot water, wring lightly and dry quickly.

Brass Work.

Before using any polishes always damp the cloth with Paraffin.

Flat Irons (Rusty).

To remove quickly, rub with Mixture of Bathbrick or Brick Dust and Vinegar.

Silver or Plate.

By adding Methylated Spirits to your powder you will get a good polish instantly.

Silver.

If before laying by, you will wash it in hot soapy water, then with hot water with a little Soda dissolved in it, wipe while hot, and it will keep bright for months.

Silver (Tarnished).

Rub with Sweet Oil before cleaning in ordinary way.

Jewellery.

To polish, get one pennyworth Jeweller's Rouge, sprinkle a little on wash-leather, rub it in well, and polish the article. This is what the jewellers use. The cheapest, quickest and best remedy.

Medicine Stains.

These can be easily removed by spreading over or under them a paste made of Fuller's Earth and Ammonia. Leave it to dry, then wash, in cold water first.

Scorch Marks.

Place the part in cold water at once, and the mark will come out.

Grease Spots.

Will be removed from Cloth by laying Brown or Blotting Paper underneath the spot and ironing it.

Silk (to clean).

With some Stale Bread rub in Common Salt, then shake out.

Milk.

Will not turn sour if you put just a Pinch of Carbonate of Soda in it.

Boots (to clean).

Rub Glace Kid with milk on a flannel or soft cloth. Brown Sugar added to Blacking greatly improves the polish. Vinegar or Beer instead of water in the Blacking is a decided improvement.

Crape.

Steaming is the best process known, and will make it look like new.

Orange Peel.

Dried is useful for quickly lighting fires and also to put among furs and woollen goods. No moths will face it.

Bottle Stoppers.

When tight can be removed by soaking a cloth in hot water, place round neck of bottle for a few minutes, then tap gently, and it comes out.

Gilt (to Renovate).

Go over the Article (using a very soft brush) with following:—About three ounces of the White of Eggs, well beaten to which mix one ounce Chloride of Potash.

Bedrooms.

Cold water should always be in bedrooms, as it attracts all disagreeable odours. It should, however, be changed frequently.

Gloves.

Always use a Button Hook, otherwise the button holes stretch and finger ends wear out.

Satin Shoes.

Should be rubbed with a flannel soaked in Spirits of Wine. Always rub the grain of the Satin, and keep wrapped up in paper (blue preferred), to prevent them discolouring.

Feathers (White).

To clean, rub in flour. This will also clean white Boas, and does not take out the Curl.

Warm Bran.

Is useful for Cleaning Furs. Rub well in, then shake out. Use Magnesia for White Furs.

Choosing Haddock.

It is surprising the quantity of Codling (a much cheaper and poorer quality of fish) that is sold as Haddock. The tail of a Haddock is V shape, whereas Codling is straight at the end.

Wood (Stained).

Stains can be removed with following Mixture:—Pour Boiling Water over one ounce Oxalic Acid. Just touch the spots with it, or with Spirits of Salts.

Rabbit Skins.

To preserve, stretch the Skin, putting Fur downwards. Tack it well down, remove all fat, but don't cut the skin. Then rub it three times daily for three days with a solution of one ounce of Alum in half-pint of Water. They are then ready for use.

DRINKS.

Barm Wine.

Steep two pounds Barm in one gallon Water five days, strain off the liquor, dissolve three pounds Sugar in it. Bottle, and keep in a cool place.

Botanic Beer.

Get a packet each of Betony, Raspberry Leaves, Meadowsweet and Agrimony. Boil in two gallons water for quarter of an hour, add two pounds White Sugar. Bottle when nearly cool. No yeast required for this.

Herb Beer.

Equal parts Dandelion Herb, Meadowsweet and Agrimony. If bought in packets take two of each. Boil in two gallons water for twenty minutes, strain, add two pounds Sugar and half-pint Barm, and let it stand in warm place twelve hours.

Hop Beer.

Put two packets of Hops in half gallon water. Boil fifteen minutes, strain. Dissolve one pound Sugar in the liquid, add one gallon cold water and two tablespoonfuls of fresh Barm. Let it stand twelve hours in a warm place, then bottle.

Summer Drinks.

(1) Scald Lemons, add Cream of Tartar, and sweeten to taste.

(2) One ounce each Horehound, Burdock, Hops, Gentian, five ounces Ginger, two ounces Spanish Juice, five gallons water. Boil one hour, strain, ferment twenty-four hours, bottle. Good for the Blood.

Godfrey's Cordial.

Dissolve half-ounce Opium, one drachm Oil of Sassafras in two ounces of Spirits of Wine. Mix four pounds Treacle with one gallon boiling water. Mix together when cold. This is the celebrated Cordial much used for children.

Lemon Kali.

Mix together four ounces Tartaric Acid, one ounce Carbonate of Soda, eight ounces Powdered Sugar, ten drops Essence of Lemon to each glass.

Fruit Salt.

One ounce each Sulphate of Magnesia, Citrate of Magnesia, Bitartrate of Potash, Bi-carbonate of Soda, Tartaric Acid and four ounces Fine Sugar.

Spruce Beer.

To ten gallons water add a pot of Spruce, six pounds White Sugar or Treacle. Make same as Ginger Beer, and bottle as soon as it has done working.

Ginger Beer (Instantaneous).

Boil six quarts water, one and a half ounces Bruised Ginger, three-quarters Coarse Sugar. Strain, then add one ounce Carbonate Soda, and keep in a closed vessel. To each glassful add half-teaspoonful Tartaric Acid, and drink while effervescing.

Peppermint Cordial.

In half gallon water dissolve four pounds Sugar, mix half-ounce good Oil of Peppermint with pint Spirits of Wine, and make up with nine pints water. Filter through Magnesia and paper to make clear.



COOKERY.

Herbs in Season for Drying.

Chervil and Parsley.—May to August.

Savoy, Thyme, Mints.—June to July.

Basil and Sage.—August.

Marjoram and Fennel.—July.

Tarragon and Burnet.—June, July, August.

Elder Flowers.—May.

Mint.—July.

Orange Flower and Parsley.—May and July.

Herbs should always be gathered on a fine day, dried in stove, leaves picked off, crushed and bottled. Grocers stock most of the Herbs ready prepared.

For Pickling.

Walnuts.—Middle of July.

Onions, Cucumbers, Cauliflowers, Gherkins and Artichokes.—End of July.

Eschalots and Garlic.—Midsummer to Michaelmas.

Fruit for Preserving.

Apples.—September to November.

Apricots.—August, September.

Cherries.—July, August.

Currants.—July.

Damsons.—September, October.

Gooseberries.—June, July.

Grapes.—End of July.

Greengage Plums.—End of August.

Plums.—July to October.

Raspberries.—July, August.

Rhubarb.—February to April.

Strawberries.—About end of June.

Steak Pie.

If the meat is rubbed over with a little Salt Vinegar the night before wanted it will be a nicer flavour and more tender.

Warming up Meals.

Cover it closely and place over a basin of hot water. This prevents it drying as would be the case if put in the oven.

Steak.

Roll and thump it for a few minutes before cooking. It is then more tender.

Beef.

Never buy it if it is dark coloured, coarse grained, and has little or no fat.

Pork.

The lean should be very white, the rind thin, smooth and cool to the touch. If clammy, avoid it.

Poultry.

Choose those with smooth legs, bright combs and short spurs.

Vegetables.

Should be fresh looking, crisp, well washed in salt and water before cooking; boiled fast, but kept uncovered until they are done.

Mutton.

Never choose that which has yellow fat; it should be white, and the lean of a bright hue.

Stock for Soups.

The bones or meat should be allowed to simmer (not boil) for several hours, and the fat removed.

Frozen Meat.

Should be well but slowly thawed before cooking. If not, it will be tough and lose much of its flavour.

Tomato Soup.

Cut up and fry ten minutes in two ounces butter or good dripping, one Carrot, one Onion, very small Turnip, and about two Leaves Celery. Add Tomatoes one pound, Flour one ounce, Stock one quart, pepper and salt to taste, and stir until boiling; simmer one hour. Strain, then serve.

Lentil Soup.

Soak one pint Red Lentils overnight. Melt one ounce Dripping in saucepan, add the Lentils, two Carrots, one Onion, three pieces Celery, all sliced. Put on fire, and stir for five minutes. Add half-gallon cold water. Boil gently; strain, pepper and salt to taste, and serve.

Fish Soup.

Fry in two ounces Butter or Lard for ten minutes a Bunch of Herbs, three pieces of Celery, one Carrot, one Onion, add two ounces Flour and well mix; then add two pounds fish and trimmings, pepper and salt to taste. Boil in two quarts water half-an-hour.

Ox-tail Soup.

Divide the tail in joints and fry brown in two ounces Lard or Butter. Remove the tail, and add one Carrot, two Onions, bit of Celery, one Eschalot, one Turnip, all cut up. When fried add Bunch of Herbs, two ounces Flour, six cloves, salt and pepper to taste. When brown add four pints water. Boil up and skim, then add the meat; simmer until tender.

Beef Tea.

Cut up one pound Gravy Meat, place in a jar of cold water about a pint, set in a pan of water, and gradually bring to boil. Boil five hours.

Fish.

To fillet, remove all outside fins, pass a knife down centre and slide carefully close to the bones. It should first be cut into pieces.

Soles.

The dark skin should always be removed.

Plaice Fried in Batter.

Put into a basin a quarter pound of Flour, with a pinch of Salt, pour in teaspoonful of Salad Oil, and gradually quarter pint of water just warm; mix well. Add the Whites of one or two Eggs well beaten, and mix. Fillet the fish, dip into the batter and drop in very hot fat and fry till brown.

Stuffed Haddock.

Wash and dry one Haddock, chop tablespoonful Suet, same quantity Parsley, three tablespoonsfuls Bread Crumbs, mix together with a few mixed Herbs, pepper and salt to taste, and half an Egg. Fill the fish and sew up. Dust over with flour, then brush over with remainder of egg, sprinkle bread crumbs over it. Roast in hot oven twenty-five minutes.

Fried Sole.

Remove dark skin, rub over with Flour and Egg well beaten up, sprinkle on Bread Crumbs, fry in sufficient Hot Fat to cover the fish.

Curried Fish

Chop finely one Onion and one Apple. Fry till brown in one ounce Dripping, Lard or Butter, add tablespoonful Curry Powder and two teaspoonfuls of Flour. Stir well, then salt to taste, and a little Sugar, with about a pint of Fish Liquor. Simmer for twenty minutes, stir in teaspoonful of Lemon Juice, and add the Fish. Make thoroughly hot, but not boiling.

Stuffed Mackerel.

Remove the backbone, and stuff with Veal Stuffing; roll up, and bake half-an-hour.

Fish Pie.

Cut up any cold Fish you have left, season with pepper and salt to taste, grease a pie dish and put in the fish. Pour some sauce over it and cover with mashed potatoes. Put bits of Lard or Butter on top, and bake until brown.

Shrimp Sandwich.

Mix equal weight of hard-boiled Eggs and Butter, add Shrimps or Shrimp Essence and a little mustard and pepper. Serve between toast.

Salmon.

When boiling, allow about six minutes to the pound, and add a little Lemon Juice or Vinegar to the water. If steamed, which is the most economical way of cooking, allow ten minutes to the pound.

Fried Whiting.

Take off the skin, rub over with Flour, then with beaten Egg, cover with Crumbs. Fry five minutes.

Grilled Mackerel.

Remove all bones, and place on hot gridiron six minutes, then turn it over. Serve with Sauce.

Stewed Eels.

Remove skin and head, cut in pieces one and a half inches long. Fry in fat; don't brown. Remove fish, stir in a little flour, add quarter-pint Stock, and stir until boiling. Replace the fish, simmer until tender, add teaspoonful chopped Parsley, a little Lemon Juice, salt and pepper to taste.

Bread Sauce.

Over a gentle heat put to soak three ounces Bread Crumbs, small Onion, pint of Milk, salt and pepper to taste for half-an-hour, then remove Onion and stir in a little Butter.

White Sauce.

Melt one ounce Butter in pan, stir in a little Flour, add three gills Milk. Boil about four minutes, then add dust of nutmeg, salt and pepper to taste.

Horse Radish Sauce.

Mix thoroughly three ounces grated Horse Radish, spoonful Vinegar, half-pint Milk. Put in salt and made mustard to taste.

Tomato Sauce.

Cut up and fry for ten minutes in one ounce Lard or Butter one Carrot, one Onion, very small Turnip, add one ounce Flour, mix well; then add half-pint good Stock, season to taste, a Bunch of Herbs, and simmer about forty minutes. Keep well skimmed, strain, and serve.

Caper Sauce.

Melt one ounce Butter and stir in half-ounce Flour, pour on one and a half pints of water. Stir until thickened, and boil five minutes. Before serving add a little Lemon Juice and teaspoonful Capers, pepper and salt to taste.

Melted Butter.

Half-pint water, one ounce Butter and a little Flour. Melt the butter, stir in flour, add water. Boil five minutes.

Egg Sauce.

Boil ten minutes two Eggs and chop the white, melt one ounce of Butter in a stew pan, and mix in half-ounce of Flour, add one and a half gills Milk. Boil about five minutes, stirring all the time. Add the whites of eggs, pepper and salt to taste. Serve with fish, boiled fowl, etc.

Oyster Sauce.

Make same as Egg Sauce, but substitute a little Lemon Juice and Oysters for the Eggs.

Lobster Sauce.

Substitute the Flesh and Spawn of Lobster, and make as for Egg Sauce.

Shrimp Sauce.

Make same as Lobster, but use Shrimps (shelled) instead.

Haricot Mutton.

Fry brown two pounds Neck of Mutton Chops, remove meat, fry two sliced Onions, stir in tablespoonful Flour until brown, add pint of Water; stir until thick. Replace the meat, and add two Carrots, one Turnip, a little Celery, all cut up, and simmer gently about an hour.

Jugged Hare.

Cut the Hare into small pieces, fry brown in quarter pound of Lard, add two quarts Water or Stock, one Onion, four or five Cloves, bunch of Herbs; simmer until tender. Take out hare and mix two ounces Flour with the liquid, pepper and salt to taste, and add little Lemon Juice, Currant Jelly and Port Wine. Bring to a boil and pour over the hare.

Fried Sweetbreads.

After soaking six lambs' sweetbreads three hours, put them in boiling water, simmer thirty-five minutes, brush over with beaten Egg, cover with bread crumbs, and fry in boiling fat five minutes.

Stuffed Heart.

Put Ox Heart in a basin, scald with boiling water, and well clean it. Mix together Flour, Crumbs, chopped Suet, chopped parsley, teaspoonful Salt, Pepper, Lemon Peel, few mixed Herbs, and stuff with mixture. First moisten with one gill of Milk, place in tin, cover with greased paper, with quarter pound dripping. Bake two hours, pour off fat, and thicken gravy with flour.

Mock Goose.

Bring gently to a boil two pounds Potatoes. Cook ten minutes, strain and slice. Chop three Sage Leaves, one Onion, and half-pound of Pig's Fry. Place bottom of piedish, sprinkle with pepper and salt to taste, and cover with half of Potatoes. Repeat same quantities. Pour in half-pint water, cover with greased paper. Bake two hours.

POULTRY.

Roast Fowl.

Roast about fifty minutes, baste well, serve with Bread Sauce.

Boiled Fowl.

Boil about forty minutes according to size; serve with White Sauce.

Steamed Fowl.

Is more economical than Boiling or Roasting.

Roast Duck.

Scald half-pound Onions, chop finely, mix with Bread Crumbs two tablespoonsfuls, one ounce Lard, a little Sage, Pepper and Salt. Stuff the Duck and roast about fifty minutes. Serve with Apple Sauce.

Roast Goose.

Use double quantity mentioned for Duck. Roast about two hours.

VEGETABLES.**New Potatoes.**

Should, after being scraped, be put into boiling water.

Potato Chips.

Cut in thin slices, and fry in smoking hot fat.

Green Vegetables.

Should always be well washed in Salt and Water, then put into boiling water.

Peas and Beans.

Are improved by adding a lump of sugar to the water in which boiled.

Haricot Beans.

Soak overnight, put in boiling water, and simmer gently about two hours and a half.

Artichokes.

After peeling should be washed in Vinegar and Water. Boil twenty-five minutes; add a little Salt to the water.

Spinach.

Remove stalks and outside leaves, wash well. Put in saucepan without water, sprinkle with salt. Cook with the lid off, stir frequently. When tender, strain, chop up, re-cook with a little pepper and butter.

Seakale.

Put into boiling water with a little Lemon Juice added. Boil twenty minutes.

OMULETTES, &c.

Savoury.

Beat slightly two eggs, add one Onion and a little Parsley finely chopped, pepper and salt to taste. In frying pan melt one ounce Lard. When very hot add above mixture. Stir until it begins to set, then turn over.

Kidney.

As above, before putting in the eggs fry two ounces finely chopped kidney.

Cheese.

Beat up two Eggs slightly, pepper and salt to taste. Melt a little Butter, pour in the Eggs and about two ounces grated Cheese. Cook nicely brown.

EGGS.

Scrambled.

Put four Eggs, a little Butter, Milk, Pepper and Salt into saucepan. Cook two minutes; stir well until it begins to set.

Eggs and Cheese.

Add a little grated Cheese, and prepare same as Scrambled Eggs.

Poached.

In boiling water, add a little Salt and Vinegar, break the Egg and drop in. Simmer until white is set.

BREAKFAST DISHES.

Stewed Kidneys.

Skin and cut in three Sheep's Kidneys, fry in a little Lard about five minutes. Add one ounce Flour, one Eschalot chopped, Salt and Pepper to taste, a little Ketchup, and about half-pint of Stock. Simmer twenty minutes, and add a little chopped Parsley.

Welsh Rarebit.

Put into a pan, and stir until thick one Egg, some grated Cheese, a little Butter, Flour, Mustard, Pepper and Salt. Pour on Toast.

FANCY SWEETS.

Blancmange.

Mix with a little Milk one and half ounces Corn Flour, boil pint of Milk, pour mixture into it slowly, stir well, and boil ten minutes. Pour into a mould to set.

Custard.

Beat three Eggs and a little Fine Sugar together, adding half-pint warmed Milk, put into a jug, and stir in boiling water until it coats the spoon, add a little Nutmeg and Flavouring. Let it cool.

Tipsy Cake.

Make a hole in a Sponge Cake, pour over it some Sherry or Liquors, cover with sliced Almonds. Pour Custard round.

Cake Icing.

In a pound and a half of Icing Sugar pour the Whites of two Eggs and a little Lemon Juice, and work it in. Spread on Cake.

Cake Icing (Pink).

Add a few drops of Cochineal to above.

PASTRY & PUDDINGS.

Puff Paste.

Into about one gill of water put a little Lemon Juice and pour gradually on to six ounces Flour in which has been placed a Pinch of Salt, knead and roll out with six ounces Lard or Butter. Roll out well about six times, fold two or three times. Put it in cool place fifteen minutes.

Flaky Paste.

Put half-pound Flour into basin and break into small pieces four ounces Lard, mix up with Lemon Juice (just a little) and water, roll into a strip, fold into three, and roll out thin, brush over with White of Egg slightly beaten, dust with Flour, fold again three times, repeat the rolling and brushing over with egg.

Yorkshire Pudding.

Put half pound Flour into a basin add two Eggs, then by degrees stir in half-pint of Milk and beat ten minutes, add another half-pint of Milk and pour into a greased tin, bake quickly about half an hour.

Fig Pudding.

Chop finely quarter pound of Figs, same of chopped Suet and mix with quarter pound of Flour, Breadcrumbs, Sugar, pinch of Salt and Nutmeg; beat up two Eggs and gill of Milk together, mix altogether, pour into greased basin, and steam three and a half hours.

Sultana Pudding.

Prepare as above, substituting Sultanas.

Date Pudding.

Substitute stoned Dates, chopped.

Lemon Pudding.

Beat yolks of two Eggs and mix with quarter pound Cake Crumbs, three ounces Sugar, Lemon Juice and one gill Milk, stir well together. Line a dish with Pastry, pour mixture in, bake quickly half an hour. Beat Whites of Egg stiff, pour on Pudding and dust well with fine Sugar and bake again for a few minutes.

Cocoa Nut Pudding.

Make same as Lemon, but substitute grated Cocoa Nut or Desiccated Cocoa Nut.

Oatcake.

Melt two ounces Lard and mix with one pound fine Oatmeal, add a pinch of Salt, knead until it is a stiff paste, roll very thin and bake in a quick oven.

Bread.

Put into a vessel a quartern of Flour, make a bay in middle of it, put in one ounce Yeast with teaspoonful of Sugar and pour on pint and a half Warm Water, sprinkle over with a little Flour and desert spoonful Salt, and put into a warm place until the Yeast ferments and bubbles appear on the top, then knead for ten or fifteen minutes, let it rise well, form into loaves, put in front of fire about five minutes, then into a hot oven. For half-quartern loaf bake three quarters of an hour.

Gingerbread.

Mix one pound of Self-Raising Flour with two ounces finely peeled Lemon Peel and one ounce Ground Ginger. Melt together in a saucepan half pound Treacle, four ounces Dripping and four ounces Brown Sugar, pour it into the Flour, add two well beaten Eggs, then half gill Milk and mix together, bake in a tin about 50 minutes.

MISCELLANEOUS.

To Clarify Fat.

Put into a pan any pieces of Fat cooked or uncooked with enough cold water to cover, boil until water has all gone, stir well all the time. When pieces are crisp, strain; this is better than Lard for Pastry and Cakes.

Chutney.

Peel and chop up one Onion, two Eschalots, three Cloves Garlic, about four pounds Apples, half-pound stoned Raisins, put into a stew pan with three pints Vinegar, two ounces Salt, half pound Sugar (Brown), two ounces Ginger, Pepper to taste and quarter pound Mustard Seeds, boil until tender, bottle up tightly.

To Bottle Fruit.

Choose Fruit not quite ripe. First warm Bottles in oven, put in Fruit and keep in Oven until they begin to change colour, fill up with Boiling Water to neck of Bottle, remainder with Salad Oil. Keep airtight and cool.



GARDENING.

Seakale.

Sow seed in March in drills twenty-four inches apart, thin out four inches distant in the Rows. Roots should be planted in Autumn about twenty inches apart. In December protect the roots with earth. Soil rich and well drained.

Celery.

Requires rich and moist soil, sow four inches apart, attend to watering, when grown earth up.

Peas.

Require good light soil, well watered before sowing early April.

Broad Beans.

A strong rich soil but will thrive in stiff clayey soil. Heavy soil sow in February, others up to May.

Dwarf French Beans.

Soil light and rich, well water and sow in rows nine inches apart, not too deep in May to June.

Scarlet Runners.

Sow in April, keep soil loose on the top and well water in dry weather.

Spinach.

Summer variety. Sow early, April. Winter variety, sow end of August. Soil must be good. Sow in drills.

Shallots.

Plant in good soil, manure well but deep and cover with soil so that bulbs do not touch it, rows about six inches apart. Place soot or burnt refuse at bottom of Drills before putting in the Bulbs.

Cabbage.

To ensure a continuous supply sow in heat early February to September. Soil moderate.

Brussels Sprouts.

Sow in April, in very good soil, water frequently.

Cauliflower.

Sow April to June in liberally manured ground, water well.

Broccoli.

Sow March to July. Soil as Cauliflower.

Asparagus.

The quickest method is to grow from your plants which should be set in rows about twelve inches apart in March. If from seed, sow in April, thin out when two inches high. Process—Position Sunny, well drained, foundation well manured before starting, and well manured every Autumn and a liberal coating of Salt every Spring.

Jerusalem Artichokes.

Sow seeds in March, about five inches deep and eighteen inches apart. Will grow anywhere, but prefer rich soil. Dig up in October.

Turnip.

Sow seed in Drills about ten inches apart early in April and thin out when ready. Scatter lime or soot over the Plants to prevent flies attacking them. Soil Rich and Light.

Radish.

Seed may be sown broadcast from March to September on light rich soil, water frequently.

Beet.

Sow seed in shallow drills in April (latter end) about twelve inches and thin out when grown to twelve inches apart. Trench ground deeply and liberally manure the bottom. Take up in November, be careful not to bruise the roots or sever the fibres.

Onion.

Sow seed in drills about nine inches apart, lightly cover with half inch fine soil well beaten in, thin out soon as ready. Raise the crop when leaves have turned yellow. Soil fine and rich.

Potato.

Plant early in April in rows about six inches deep, hoe up the earth on both sides when grown about seven inches.

Carrot.

The early varieties should be sown at end of February in a sheltered position. Later sorts in April in rows about ten inches apart, and later, thinned out to about seven inches apart. Soil should be rich (but not freshly manured) and rather sandy. When sowing only a light covering of soil is needed.

Parsnip.

Sow seed in March in rows twelve inches apart and when sufficiently grown plant out to about nine inches asunder in the Rows. Those will grow on almost any soil, but are better in rich soil, leave in the ground late as the frost improves them.



STAINING, POLISHING, VARNISHING, MARKING INK, CHINA CEMENT, FURNITURE CREAM.

Instructions for the Use of Polishes.

Wet a piece of Cotton Wool with the Polish and put it inside a piece of Flannel, then rub a little raw Linseed Oil on flannel, well rub the article, until sufficiently polished; when finished lay on one side for twelve hours, if necessary repeat.

Brown Polish.

Four ounces Orange Shellac, pint Methyated Spirits.

Brown Varnish.

Four ounces Shellac, three ounces Resin, one ounce Benzine, pint Methyated Spirits.

Transparent Varnish.

Put into pot four ounces Gumthirst, this simmer then let it go cold and crush up, put into a pint of Methyated Spirits with two ounces Gum Sandrac. Must be used in a warm place and is useful for Paper or Oil Paintings.

Satin Rosewood.

Stain first with Logwood made strong, get a feather and dip in with a little Copperas Water, polish with Red Polish.

Bronze.

Give a coat of Varnish and dust over with Bronze, it is best to put a paper under the first to prevent waste.

Red Varnish.

One pint Methyated Spirits four ounces Shellac, three ounces Resin, one ounce Benzine, one ounce Dragons Blood.

Red Polish.

Four ounces Orange Shellac, one ounce Dragon's Blood and one pint Methyated Spirits.

White Polish.

Four ounces White Shellac, one pint Methylated Spirits, one ounce Benzine, one ounce White Resin, one ounce Gum Mastic, half ounce Gum Sandrac.

For White Varnish and Polish break up Shellac, well dry before fire then put in Spirits. The above must be strained.

Black Polish.

Four ounces White Shellac, one pint Methylated Spirits, one ounce Vegetable or Gas Black.

Black Varnish.

Four ounces White Shellac, pint Methylated Spirits, one ounce Benzine, one ounce White Resin, one ounce Gummastic, half ounce Gumsandrac, one ounce Vegetable or Gas Black. Strain before using.

Furniture Cream.

One pint Turpentine, eight ounces White Wax, six ounces Castile Soap, dissolve slowly.

Furniture Paste.

One pint Turpentine, twenty ounces Bees Wax, one ounce Rose Pink, dissolve slowly.

Walnut Stain.

Four ounces Vandyke Brown, one pint Spirits of Ammonia.

Brown Oak Stain.

Add to above one ounce Bichrome of Potass.

Black Stain.

Four ounces Logwood, one pint Iron Liquor, one drachm Copperas. Boil together.

To Make Light Mahogany Dark.

Two drachms Bichrome of Potass, one quart of water.

To Stain Deal Mahogany.

Four ounces Venetian Red, one ounce Glue, one quart of Water

Cement for Glass or China.

One and a half ounce White Shellac, one and a half ounce Gumsandrac, half gill of Methylated Spirits. This will stick either and not leave a mark.

Rubber Stamp Ink.

Mix one teaspoonful Glycerine with eight ounces Boiling Water, add while hot one ounce Aniline Violet Bronze Crystals, then add one ounce Methylated Spirits of Wine.

Marking Ink.

Dissolve in three ounces water quarter ounce Nitrate of Silver, add enough strong liquid Ammonia to dissolve precipitate, then add one and a half drachms Gummucilage and a little Indigo to colour. Mark article required, and pass over it a hot iron.



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